

# SLB Coaching & Training Systems

## SLB Weekly Newsletter #8 week of January 27, 2003

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." Steve Prefontaine

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## SLB Website is up!

The SLB Coaching and Training Systems website is on-line. The site has race schedules, links (races, clubs, gear, nutrition, cycling, running, swimming and triathlon), race reports and stories, training tips, clinic schedules and more. To visit the site click on the URL below, or copy the URL into your browser.

<http://www.slb-coaching.com/>

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## Sponsors

### E-Caps and Hammer Fuel



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RacerMate - CompuTrainer



We are excited to announce that **SLB Coaching & Training Systems** is now sponsored by **RacerMate CompuTrainer** and **E-Caps/Hammer Fuels**. We'll provide details about how these sponsors can help your training in future Newsletters and on our website.

We are also working with **Asphalt Green** to provide discounts to SLB Coaching & Training Systems Athletes for their upcoming **Triathlon Training Institute**, to be held in March and April. **SLB Coaching & Training Systems** athletes will receive a discount to the training institute. More details about the Training Institute are in this Newsletter.

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## Winter & Spring Coaching Programs

### Tri Stroke Clinic – Saturdays 3:00 pm – 4:00 pm

A ten week clinic focusing on stroke technique and triathlon swimming fitness. This clinic is designed for triathletes that have basic swimming skills (*can swim 100 yards non-stop*). Novice triathletes are welcome too (*as long as you can swim 100 yards non-stop*). Each session will cover stroke drills, individual consultation and correction of your stroke mechanics and fitness drills. Expect to cover between 1,500 and 3,500 yards each session.

Underwater Video Taping of stroke mechanics will be used throughout the clinic.

We will cover:

- reducing drag
- swimming efficiency
- body position
- bilateral breathing
- recovery and catch
- arm pull
- body roll
- legs and kicking
- sighting
- drafting

We will hold two "open water simulation" sessions with wetsuits.

Space is limited, so sign-up early.

Asphalt Green is an Olympic size pool, with two 8 lane 25 yard sections and one 8 lane 20 yard section. Lockers are provided (bring your own lock). Bring a towel, goggles, a bathing cap (if your hair is shoulder length or longer) and 2 tennis balls!. We will provide fins, pull buoys and kick boards. Feel free to bring your own if you'd like.

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**Place:** Asphalt Green, York Avenue & 91st Street

**Objectives:** Improved technique, greater efficiency, reduced drag, faster swimming

**Spring** – *(clinic dates are subject to change)*

March: 8, 15 (2pm), 22, 29

April: 5, 12, 19, [no session – 04/26]

May 3, 10, 17

### Schedule of Future Clinics

**Summer Session** – May 31 thru August 23

**Fall Session** – September 13 thru November 15

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or [Coach@SLB-Coaching.com](mailto:Coach@SLB-Coaching.com)

### E-Mail Coaching

A coaching program that provides weekly workout plans for **Runners, Marathoners, Triathletes, Swimmers** and **Cyclists**. The program is on a monthly basis.

A training program for runners and marathoners. This program is designed to prepare you for a goal race or just to improve fitness and performance. The E-Mail Coaching Program is for **Marathoners, Runners, Triathletes, Swimmers** and **Cyclists**. The program includes a personalized training program for each week, geared towards your goals. The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

The weekly training sessions will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season. Beginning, experience and advanced athletes are welcome.

### Session Dates

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or [Coach@SLB-Coaching.com](mailto:Coach@SLB-Coaching.com)

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### Bike Fit Program

Getting the proper bike fit is critical to riding comfortably and getting the most power from your body. As a Serotta certified Advanced Bike Fit Specialist, I am able to adjust your bike fit and riding position to optimize comfort and power.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or [Coach@SLB-Coaching.com](mailto:Coach@SLB-Coaching.com)

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### Swim Stroke Video Tape Analysis

We now offer private and group Swim Stroke Video Tape Analysis. Using an underwater video camera we will tape your stroke and provide an analysis of your technique.

One of the key tools for stroke improvement is Video Tape Analysis. The ability to make stroke corrections depends on a good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have a good image of your stroke.

Using an underwater video camera and taping your swimming, we can greatly improve your kinesthetic sense, awareness of your stroke, body position, mechanics and stroke.

We do private Stroke Video Tape Analysis. These are 15 minutes, 30 minute or 60 minute sessions of underwater and above water video taping of your swimming. We will tape you from the end of the pool – head on view, and from the side of the pool as you swim – side view.

Contact us for more details.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or [Coach@SLB-Coaching.com](mailto:Coach@SLB-Coaching.com)

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### SLB Group Rides and Runs

You are welcome to join us on our weekend rides and runs. These are unofficial workouts, just a group of athletes getting together to do longer rides and runs. All levels of fitness are welcome.

I'll be offering assistance with flats and basic bike maintenance and care as usual. But, you should always ride with 2 spare tubes, a frame pump (or CO2 cartridges), tire levers, basic bike tool, water & electrolyte replacement fluid, food - energy bars, gel packets or a bagel, identification, medical ID, cash and a credit card.

We wait about 5 to 10 minutes for those that have difficulty getting up early on the weekends.

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In order to avoid confusion and potential problems, please use the following policy concerning cancellation of group rides and runs:

### *Group Runs*

**Ice and Snow** – If the roads are covered with either **ice or snow**, the group run will be cancelled.

**Temperature** – When the temperature or the Wind Chill is **below 0°**, the group run will be cancelled.

**Weather Warnings** – Any **weather advisory** or **storm warning** will cancel the group run.

### *Group Rides*

#### **Ice and Snow** –

If it is **snowing or sleeting** or the roads are covered with either **ice or snow**, the group ride will be cancelled.

**Temperature** – When the temperature or the Wind Chill is **below 35°**, the group ride will be cancelled.

**Wind** – Severe wind conditions will also cancel the group ride. Winds **above 25 mph** or **gusts above 35 mph** will cancel the group ride.

**Rain** – Heavy rain will cancel the group ride.

**Weather Warnings** – Any **weather advisory** or **storm warning** will cancel the group ride.

These guidelines are safety precautions. You will need to use your judgment and common sense. If you feel uncomfortable about running or cycling in the weather conditions, don't! And, if you arrive at the meeting location and no one is there – go home and don't ride!

You are better off skipping a run or ride in bad weather and making up the workout on an off day.

### **Saturday, February 1**

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and Jones Road through Fort Lee. (Route Sheet available via e-mail) 50+ miles.

### **Saturday, February 8**

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and East Palisades Avenue. (Route Sheet available via e-mail) 50+ miles.

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### Race News

The Mercury Masters have won the Veterans Women's Team Points Championship! The new team of over 50 year old women clinched the points title with outstanding performances by a number of team members and the support of the entire team.

### 2002 NYRR CLUB CHAMPIONSHIPS

#### Veteran Women

PLACE	TEAM	TOTAL	2/23	3/9	4/13	5/12	6/8	6/29	8/17	9/22	10/13	11/3	12/15
1	MERM	174	8	15	15	15	10	15	30	15	15	12	24
2	MILL	143	12	12	10	12	12	10	20		10	15	30
3	GNV	118	6	10	12	10	8	12	16	10	8	6	20
4	NYF	76	10	8		8	6	8	10			10	16
5	CPTC	66	15				15		24	12			
6	PPTC	24					4		12			8	
7	TRR	17					5						12
8	VCTC	14		6					8				
9	RKTS	12									12		
10	FRNY	6						6					
11	SHOR	5		5									

If you are a woman over 50 and are looking for a group to run with, go to there website: <http://www.MercuryMasters.org> for more information. Although they are now the top over 50 women's team in NYC, they welcome women of all abilities.

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### Tip of the Week

#### Winter Training (Base Building Phase)

"The more we do, the more we can do." – William Hazlitt

The off season – winter season – is the perfect time to built both the physiological and neuromuscular basis of a successful racing season come spring and summer. Without the distractions of races, time can be devoted to building a solid physiological base for a successful racing season. It is also the perfect time to improve two critical cycling skills needed for successful racing – cadence and pedaling technique.

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The weather should not be a deterrent. It is easy to find alternatives to riding outdoors. When the weather is bad outside, doing the serious indoor training is easy!

### Base Building – Aerobic Phase

Winter is the time to build mileage. After a recovery phase of 4 to 6 weeks, you should start your Base Building Phase. During the Base Building Phase your goals are to increase aerobic fitness, increase mileage:

- Build cardiovascular and muscular endurance.
- Improve VO<sub>2</sub>max.
- Build up base mileage and distance of long workouts.

Build up the distance of your long run, ride and swim gradually. The effort during this phase should be at a comfortable level. Usually, this is 80% or less of maximum effort. You need to include at least one long run every three weeks, one long ride on an alternate weekend. In the pool you should work on distance too. Gradually increase the length of your swim to 1.5 times the distance you'll be racing (for sprint distances, for Half and full Ironman distances work up to race distance). These long swims should be done on alternate weekends from your long run and long ride.

For example – week 1 do a long run, week 2 do a long ride and week 3 do a long swim, week 4 start the cycle again.

During the week alternate medium distance runs, rides and swims with Active Recovery Days (or days off). It's usually better to take an Active Recovery Day, than to take a day totally off. This would be a run of 1 to 3 miles at 60-65% effort (of maximum heart rate). A ride of about 30 minutes – an easy spin with friends. The swim should be less than 30 minutes.

The benefit of an Active Recovery Day over a day off is that if you increase the blood flow to muscles the waste and soreness will diminish faster than with total rest.

Winter presents training challenges. It's difficult to get all of your mileage in with winter weather. Using a cycle trainer (or rollers or a stationary bike) and a treadmill, you should be able to train regardless of the weather. When using a cycle trainer (or rollers or a stationary bike) is a good opportunity to work on your pedal stroke (practice pedaling in circles) and your cadence. When using a treadmill set the incline to 1% to 2%. This will closely approximate the effort of running outdoors.

### Adding Strength Training

After 4 weeks add a hill training session to your running and cycling workout. Start with about 4 repeats up a 6% to 9% hill. The hill should take you between 2 and 6 minutes to climb. During this workout, emphasize muscular effort instead of speed or spinning. When running hills focus on a high knee lift, a full leg extension (especially pushing off with your toes) and getting off the ground. Do not worry about getting up the hill fast. When cycling hills use a big gear and a slow cadence – 50 rpm is a good starting point. Use muscle power to get you up the hill, standing for as much of it as possible. The goals of this workout are:

- Build muscular strength.

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- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.

The Base Phase should last a minimum of 12 weeks, longer if possible.

### Off-Season Conditioning

Off-Season Conditioning focuses on the Base Building – Aerobic Phase. You can add strength building activities during the winter too. Do not let the weather deter you from your training. Building a good base during the winter is the key to a successful Spring and Summer.

The focus should be on building weekly mileage and the distance of your long workout. Do not focus on speed. Track only distance or time, not speed. Plan workouts to cover a specific distance or a specific amount of time. Gradually build up the weekly total and the distance or time of your long workout.

### Spinning

Spinning classes are an excellent way to build your Base – Aerobic fitness. They are also a good way to work on the two critical skills – cadence and pedaling technique (pedaling in circles). But, be careful of spin classes. Most are not cycling specific. You should not use a stationary bike to build strength. Use it to build Base – Aerobic fitness and cycling techniques. Keep the resistance low – just enough to provide feel for the pedals. As you improve your technique – pedaling in circles and increased cadence – you can increase the resistance. You need just enough resistance so that you can apply pedal pressure to maintain a smooth technique.

Work on cadence and circles in Spinning classes.

### Trainers

Trainers are an excellent tool for winter training. The more control and information you get the better off you will be. It is important to be able to vary the resistance the trainer provides, without getting off your bike or stopping your workout. This will allow you to simulate riding outdoors. Add more resistance to simulate a hill, reduce the resistance to simulate riding flat terrain or down hill.

It is also important to know your cadence. Some high end trainers offer information about your pedal technique – differences between right and left pedal, variations in power throughout the pedal stroke.

Trainers come in wind, fluid and magnetic versions.

### Rollers

Rollers add the feel of riding outdoors – you are not attached to the rollers and must maintain your balance. They are for the expert rider.

Rollers come in simple – no control of resistance, to advanced – control over resistance.

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### Weights

Alternate workouts are great for the winter. When the weather is really bad and you have been riding your trainer for weeks, it's great to go to the gym and lift weights. As long as you are working on your Base Building – Aerobic Phase, adding strength work is fine. Do not sacrifice your Base Building – Aerobic work for strength–weights. Doing weight work during the Winter will also not interfere with your rides and races.

Use only free weights or pulleys. Get directions on the use of the equipment before you begin. Always work with a partner – spotter.

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### Winter Training Focus

During the winter you should be focusing on two things – building base mileage and building strength. The majority of your efforts and training time should be spent on those two goals.

### Racing During Base Phase Training

Races are to be avoided. Not all together, but they must fit your training plan and not take away from your training time or effort. Don't sacrifice a long workout for a race. If your plan calls for a long ride on Saturday and a long run on Sunday, it is possible to race on Sunday. Just add miles before the race. Adding miles before (instead of after) the race allows you to get in the long workout and race at less than race effort.

### Build Mileage

Increase your mileage during the Base Building Phase. Work in two and four week training blocks. Weeks one and two do the same mileage for the week and for your long workout. Week three increase the distance of your long workout. Week four do the same mileage as week three. Week five is a recovery week – decrease your weekly mileage and the distance of your long workout by 10 to 20%. This will allow your body to recover and rebuild muscle.

Week	Weekly Mileage	Long Run
1	30 miles	8 miles
2	30 miles	8 miles
3	33 miles	10 miles
4	33 miles	10 miles
5	35 miles	8 miles
6	38 miles	12 miles
7	38 miles	12 miles

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8	40 miles	14 miles
9	40 miles	14 miles
10	38 miles	10 miles
11	45 miles	16 miles
12	45 miles	16 miles
13	45 miles	18 miles
14	45 miles	18 miles
15	40 miles	12 miles
16	45 miles	20 miles

### Build Strength

By increasing both your weekly mileage and the distance of your long workout, you will be building endurance and strength. But, you need to do a bit more during the Base Building Phase. One of the misconceptions of the Base Building Phase is LSD. LSD is usually referred to as Long Slow Distance. But, it originally meant Long Steady Distance. And it was only one part of the Base Building Phase.

As you build distance and endurance, you should also begin building strength. One workout per week should be devoted to strength building. The best way to add a strength building workout is to add hills. Doing hill drills and repeats builds strength and reduces the risk of injury.

### Plyometrics

You can also add a supplemental workout to your weekly training plan. Plyometrics are an excellent strength building method. Add a single Plyometric session each week. This session should only take 30 minutes. Select a routine that emphasizes leg strength. Be sure to warm-up and cool-down properly. Focus on leg strength.

### Explosive Strength

Explosive strength has been shown to be a key element of running and cycling performance. By increasing your explosive strength during the Base Building Phase you will prepare your body for the Speed Building Phase. Plyometrics is an excellent method of building explosive strength.

### Weights

Weights are the traditional method of building strength. Use free weights so that you are building strength around the joints and not isolating single muscles. Use light weights and a high number of repetitions. Start with a weight you can lift 12 to 15 times. Do not work to failure.

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Use free weights to build upper body strength.

### Have a Plan

Your training needs to be well designed. Select a Key Race. This is the race all of your training is geared towards. Plan your training phases back from your Key Race – Taper, Speed Building Phase, Strength Building Phase and Base Building Phase.

Now add secondary races to your schedule. Select races that will compliment your training plan – races that fit the training phase – and races that will prepare you for your Key Race. If you are attempting your first Triathlon, include running races up to the distance of the run portion of your first Triathlon. If you are moving up in distance, schedule a few races at shorter but increasing distances.

### Build for Two Years Ahead

The real benefit of this type of program is two years in the future. You will reap benefits during the first year you adopt this approach to your training, but the greatest benefit will be two years after you start this type of program.

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## Clinics

### Cycle Clinics – Wednesday 6:30 pm – 7:30 pm

These are a series of free clinics for the **Cyclists** and **Triathlete**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Transition – Getting it Right!, Getting Ready for Competition, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

### *Urban Athletics:*

Urban Athletics – 2 World Financial Center (Winter Garden), 212-267-2247

- **February –**
  - **Monday, February 24, 2003, 6:00 pm - Triathlon Training – Getting it Right**

### *5BBC:*

5BBC – 891 Amsterdam Avenue (103 Street), 212-932-2300 x115

- **February –**

# SLB Coaching & Training Systems

## SLB Weekly Newsletter #8 week of January 27, 2003

- **Monday, February 10, 2003, 7:00 pm** - Bike Fit  
Refreshments will be served

### *Larry & Jeff's Bicycles Plus:*

Larry & Jeff's Bicycles Plus – 1690 Second Avenue (87 Street), 212-722-2201

- **February –**
  - **Wednesday, February 19, 6:30pm:** Race Season Over – What now?  
Spinning, Trainers, rollers and weights – off season conditioning
  - **Wednesday, February 26, 6:30pm:** Maintenance & Tire Changing

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## Asphalt Green 2003 Triathlon Training Institute

<http://www.AsphaltGreen.org> Click on "Sharp Center" heading

Paul Weiss – 212-369-8890 ext. 150

Swim, bike and run faster! Take advantage of this unique series of workshops, presented by outstanding regional and national coaching and performance enhancement professionals. They will take you step by step through every aspect of preparing for and executing your best Multi-Sport performance. If you want to be a faster triathlete, duathlete, cyclist, runner or open-water swimmer, you can't afford to miss these workshops from the Peter Jay Sharp Center at Asphalt Green.

### **Bike Fit and the Biomechanics of Aerodynamics, Comfort and Power – Paul Levine**

How to Maximize Your Performance on the Bike Through Fit & Positioning

#### **Saturday, March 1, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

#### **Sunday, March 2, All day**

Asphalt Green Murphy Center, 555 East 90<sup>th</sup> Street

### **Eddie Borysewicz Racing Skills Workshop**

Cycling Techniques, Skills & Tactics: a World Class Coach's Perspective

#### **Saturday, March 8, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

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## SLB Weekly Newsletter #8 week of January 27, 2003

**Sunday, March 9, 10am to 1pm**

Central Park, East 90<sup>th</sup> Street Entrance

### **Buying Speed on The Bike – Equipment Selection and Use – Michael Weiss**

Buy What Works, Avoid What Doesn't, & How to Tell the Difference: Bike Mythology and Making Repairs Like a Pro

**Saturday, March 9, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

### **Performance Nutrition for the Multi-Sport Endurance Athlete – Keri Glassman (M.S., R.D., C.D.N.)**

**Saturday, March 15, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

### **The Run Leg: Preparing for & Executing Your Fastest Run Split Ever – Mike Plumb**

Training, Technique, Skills, Drills and Racing Strategy

**Saturday, March 22, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

**Sunday, March 23, 10am to 1pm**

Central Park, East 90<sup>th</sup> Street Entrance

### **Triathlon Training & Racing for the Beginner/Intermediate Triathlete – Neil Cook**

Developing a Training Plan that Works and Developing Competition Skills

**Sunday, March 30, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

### **Strength Training for the Multi-Sport Endurance Athlete – Harvey Newton**

Building Power, Muscular Endurance, Explosiveness and Speed

**Saturday, April 5, 3pm to 6pm**

Asphalt Green Mazur Theater, 555 East 90<sup>th</sup> Street

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## Swimming for the Multi-Sport Athlete – Scott Rabalais

Open Water Racing, Turning Your Weakest Link into a Competitive Advantage

**Saturday, April 12, 12:30pm to 6pm**

Asphalt Green Murphy Center, 555 East 90<sup>th</sup> Street

**OR**

**Sunday, April 13, 12:30pm to 6pm**

Asphalt Green Murphy Center, 555 East 90<sup>th</sup> Street

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## Races

Do you have a favorite race? Send me the details to have it included in the SLB Newsletter.

### *New York Road Runners Race Schedule – 2003*

<http://www.nyrr.org>

Event Schedule Key

- S** Scored Race
  - Q** 2004 New York City Marathon Qualifying Race
  - \$** NYRR Prize Money Race (*info coming soon*)
  - +W** Club Points Race for Women
  - +M** Club Points Race for Men
- All races are co-ed unless otherwise indicated.

## January

Thurs 30 Thursday Night at the Races, Armory Track and Field Center var. 7:00p

## February

Sat 1	<a href="#">NYRR Al Gordon 15K</a>	15K	9:30a	S	Q	
Tues 4	Fleet Empire State Building Run-Up	86 fl	10:30a	S		
Sun 9	<a href="#">Thomson Valentine's Twosome (2M-9:00a, 10K-9:30a)</a>	10K/2M	9:00a	S	Q	
Thurs 13	<a href="#">Thursday Night at the Races, Armory Track and Field Center</a>	var.	7:00p			
Sat 15	NYRR Metropolitan 50-Mile	50M	8:00a	S	Q	
Sat 15	NYRR Kurt Steiner 50K	50K	9:00a	S	Q	
Sat 22	<a href="#">NYRR Snowflake 4-Mile (Men-8:30a, Women-9:30a)</a>	4M	8:30a	S	Q	+M/W
Sat 22	<a href="#">NYRR Club Night, Hilton New York</a>		6:30p			
Thurs 27	<a href="#">Thursday Night at the Races, Armory Track and Field Center</a>	var.	7:00p			

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### *Prospect Park Track Club Race Schedule – 2003*

**Saturday, February 22**

<http://www.pptc.org>

**Cherry Tree 10 Mile**, Prospect Park

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### *Taconic Road Runners Race Schedule – 2003*

<http://www.Runner.org>

**Freezer 5K February 2**

Barbara Brittan 914-747-7431

Jerry Radlauer 914-584-0039

**Freezer 5M February 16**

Barbara Brittan 914-747-7431

Jerry Radlauer 914-584-0039

**Bold indicates application available!**

On-Line entry available at <http://Active.com> for some races too.

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### *New York Triathlon Club Race Schedule – 2003*

<http://www.nytc.org>

**March 30 - 17th Annual MARCH MADNESS BIATHLON**

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Enter Online](#)

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### *Armory Track & Field Center Schedule – 2003*

Only Open and Masters events are listed here. For a complete schedule please go to the Armory Track & Field Center website:

<http://www.armorytrack.com/>

January 2003

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>Lev</u>	<u>Contact</u>
Thu Jan 30	NYRRC "Thursday Night at the Races	7-10pm		<a href="#">Ian Brooks</a> (212) 423-2241

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Fri Jan 31	<u>MAC Sprint/Dist Championship</u>	7-11pm	YOM	<a href="mailto:MACTRACKNY@aol.com">MACTRACKNY@aol.com</a> (718) 488-5711
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### February & March 2003

Date	Meet	Time	Lev	Contact
Thu Feb 6	Millrose Games Clinic	11am-2pm		Drew Frazier, 203 363 1084
Thu Feb 13	NYRRC "Thursday Night at the Races	7-10pm		<a href="mailto:IanBrooks@nyrrc.org">Ian Brooks</a> (212) 423-2241
Fri Feb 21	<u>MAC Last Chance</u>	6-11pm	YOM	<a href="mailto:MACTRACKNY@aol.com">MACTRACKNY@aol.com</a> (718) 488-5711
Thu Feb 27	NYRRC "Thursday Night at the Races	7-10pm		<a href="mailto:IanBrooks@nyrrc.org">Ian Brooks</a> (212) 423-2241
Sun Mar 2	<b><u>Coogan's Salsa Blues 5K</u></b>	9am	O	Peter Walsh & David Hunt (212) 928-1234
Sat Mar 22	<u>Frontrunners Meet</u>	12-4pm	OM	<a href="mailto:MartinMcElhiney@front-runners.com">Martin McElhiney</a> (212) 673-5461

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### *Broadway Ultra Society – B.U.S.*

<http://www.newyorkultrarunning.org/>

### Proposed B.U.S. schedule for 2003

Race	Distance	Location	Date
Joe Kleinerman 12 Hour	Various	Crocheron Park	TBD
Maria/Bruno Memorial Run	36 miles	Alley Pond Park	TBD
New York Pioneer (3 Day)	100 miles	TBD	August 30, 31, September 1
Cirunick-Innamorato Distance Run	50 Km	TBD	August 31
Ted Corbitt 24 Hour	Various	Juniper Valley Park ?	TBD
Knickerbocker	60 Km	Central Park	November 29

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Grand Prix Series – 2003

<i>All events and rules for 2003 have not yet been finalized.</i>			
Race	Distance	Date	Contact
<b><u>Caumsett Park 50k</u></b>	50k	3/02/03	Vinruna@aol.com
<b><u>Sybil Ludington 50k</u></b>	50k	4/26/03	845.737.6435
<b><u>Long Island Greenbelt Trail 50k</u></b>	50k	5/17/03	npalazzo@optonline.net <b><u>spolansky@aol.com</u></b>
NY Pioneer 3 Day	100M	8/30-9/1/03	B.U.S. 212.496.3099
Staten Island 6 Hour	6Hour	9/20/03	tbd
<b><u>6 Hour-60th Birthday Run</u></b>	6Hour	10/19/03	Vinruna@aol.com
Maria/Bruno Memorial Run	36M	TBD	B.U.S. 212.496.3099
Joe Kleinerman 12 Hour	12Hour	TBD	B.U.S. 212.496.3099

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## *Manhattan Island Foundation – NYC Swim*

<http://www.NYCSwim.com>

### **2003 Open Water Swim Events**

**June 14th, 2003 - 28.5 miles**

[Manhattan Island Marathon Swim](#)

**July 20th, 2003 - 2.4 miles**

[Race for the River](#)

**July 20th, 2003 - 0.5 miles**

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[Cove to Cove Swim](#)

**August 3rd, 2003 - 1 mile**

[Park to Park One Miler](#)

**August 23rd, 2003 - 2.8 miles**

[The Great Hudson River Swim](#)

**August 23rd, 2003 - 1.5 k**

[Riverside Park 1.5 Tri Tune-Up](#)

**September 20th, 2003 - 7.8 miles**

[Little Red Lighthouse Swim](#)

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## Key Races

### *NYRR Points Races – As of January 13, 2003*

#### **MEN**

February 22	Snowflake 4 Miler	Central Park
March 8	Brooklyn Half Marathon	Brooklyn
April 5	NYRR 8000	Central Park
April 27	Tom LaBreque 4 Miler	Central Park
May 17	Queens Half Marathon	Queens
June 1	Race Against Teen Smoking 4M	Central Park
June 15	Father's Day 4 miler	Central Park
August 9	Club/Team Championships	Central Park
August 30	Run to Liberty 10K	Lower Manhattan
October 12	Staten Island Half	Staten Island
November 2	NYC Marathon	NYC
December 14	Joe Kleinerman 10K - Championships - Double Points	Central Park

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## WOMEN

February 22	Snowflake 4 Miler	Central Park
March 2	Coogan's 5K	Fort Washington
March 29	NYRR race	Central Park
April 5	NYRR 8000	Central Park
April 27	Tom LaBrequé 4 Miler	Central Park
May 11	Women's Half	Central Park
June 7	NY Mini 10K	CPW Central Park
August 9	Club/Team Championships	Central Park
August 30	Run to Liberty 10K	Lower Manhattan
October 12	Staten Island Half	Staten Island
November 2	NYC Marathon	NYC
December 14	Joe Kleinerman 10K	Central Park

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## Millrose Games

<http://www.millrosegames.com/> or <http://www.thegarden.com>

**Madison Square Garden, Friday, February 7 6pm**

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## "Thursday Night at the Races" – Armory Track & Field Center

<http://www.armorytrack.com/> or <http://www.nyrr.org>

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Thursday, February 13, 2003 7pm – Mile, 400m, 800m, 2-Mile, 8 X 200m relay

Thursday, February 27, 2003 7pm – Mile, 10,000m (10-person relay, 200m legs only- each athlete runs five 200's), 400m, 800m

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### *Jamba Juice Wildflower*

<http://www.TriCalifornia.com>

**Long Course – May 3, 2003 8am (1.2 mile Swim / 55 mile Bike / 13 mile Run)**

**Olympic Distance – May 4, 2003 9am (1.5 Km Swim / 40 Km Bike / 10 Km Run)**

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### *Eagleman / Blackwater*

<http://www.tricolumbia.org/>

**The Blackwater Eagleman Triathlon (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

**Sunday, June 8, 2001 7:30 am** (starting time depends on tides)

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### *Tupper Lake*

<http://www.tupperlakeinfo.com/tinman.htm>

**Tupper Lake Tinman Half Ironman Distance (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

**Tupper Lake Tinman Sprint Distance (½ mile Swim / 20 mile Bike / 10 Km Run)**

The Tupper Lake Tinman Triathlon, located in the center of the unique Adirondack Park of upstate New York, marks its 21st year of athletic competition. The 1.2 mile swim, 56 mile bike, and 13.2 mile run make the Tinman course a true test of endurance while taking the competitors through this beautiful region.

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Saturday June 28, 2003 8:00 am (Tinman), 8:30 am (Sprint)

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### *Ironman USA Lake Placid*

<http://www.ironmanusa.com/>

#### **Ironman USA Lake Placid (2.4 mile Swim / 112 mile Bike / 26.2 mile Run)**

The 2003 Ironman USA Lake Placid triathlon has been closed to general entry, only two weeks after the 2002 event took place in the tiny, upstate village, known internationally for hosting two Winter Olympics (1932 and 1980).

**Sunday July 27, 2003 7:00 am**

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## Miscellaneous – Athlete Public Service Announcements

### **Bike for Sale:**

57cm Litespeed classic, in mint condition, fully equipped with Shimano Dura Ace STI, Syncros stem and seat post, Cateye computer, Look 396 pedals and the choice of either Dura Ace wheels (very light) with Continental Gran Prix tires or standard clincher rims. Asking Price: \$1,550 with standard wheels, \$1,850 with DA wheels. Contact Allan Bobadilla at 718.398.3020 (h), 347.680.0152 (mobile). [alb2011@med.cornell.edu](mailto:alb2011@med.cornell.edu)

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